

WHY THE HECK IS IT CALLED A BILLY? CRACKING THE IKEA NAMING CODE {page 22}



TRENDY
AS DAYS COOL, WHAT'S HOT? STYLE {page 19}



EDMONTON metro®

Thursday, August 19, 2010
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EHS. Rescued



▶ Bandit, a two-year-old Siberian husky-collie cross, was rescued from an acreage near Saskatoon and came to the Edmonton Humane Society to get adopted. Story, page 3.

ANDREAS MORSE/METRO EDMONTON

It's a dog's life in Edmonton

Four dogs from Saskatchewan are getting a second chance in Edmonton, and they're hoping for a third. The dogs are just four of the 80 rescued from an acreage near Saskatoon on June 4.

Back-to-school in style

Make 2010 the most colourful year yet {pages 27-28}

Marriage: Not for everyone?

John Mazerolle questions the 'mandatory milestone' {page 11}

Feds take fire over removal

Questions on firearms chief's ouster come during rocky summer for the RCMP ◐ Cheliak told Commons committee that gun registry serves genuine purpose

The Mountie in charge of the federal firearms program has been replaced, triggering heated accusations — and blunt denials — of political interference with the already beleaguered RCMP.

The removal of Chief Supt. Marty Cheliak comes just weeks before Parliament resumes debate of a Conservative private member's bill that would kill the national long-gun registry, raising questions about the timing.

Both the Harper government and the RCMP denied yesterday any political motivation in bumping Cheliak.

Cheliak was named acting director general of the Canadian Firearms Program, which oversees the gun registry, a year ago. The RCMP said Cheliak, who is on leave, "does not currently meet the linguistic requirements" of the senior job and will be sent for French-language training. Chief Supt. Pierre Perron, formerly director general of criminal intelligence for the RCMP, was named firearms program chief yesterday.

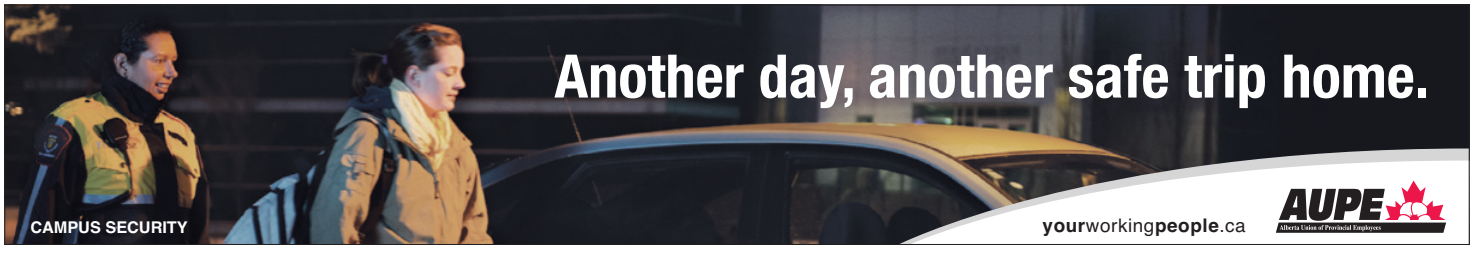
THE CANADIAN PRESS

THE CANADIAN PRESS FILE PHOTO



"Just before a major debate is held in Parliament, lo and behold, Chief Supt. Marty Cheliak is yanked from his position without substantiation, without explanation, except that apparently he's being sent off to language school."

LIBERAL MP DAVID MCGUINTY, ON
RCMP CHIEF SUPT. MARTY CHELIAK (PICTURED)



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Homes wanted for seized dogs

It's often said that cats have nine lives, but four dogs from Saskatchewan are getting a second chance in Edmonton.

The dogs are just four of the 80 rescued from an acreage near Saskatoon on June 4. Two are ready to be adopted; the other two need to pass medicals and will be available shortly.

"They're very lucky," said Edmonton Humane Society spokesperson Shawna Randolph, "especially coming from the conditions that we heard it's alleged they came from."

Randolph described the dogs as living in deplorable conditions without adequate food, water or shelter.

"A lot of them, from what we were told, were in bad shape with matted fur and suffering some serious medical issues," she said. "They (Saskatoon SPCA) put the call out to us on Friday and we were in a situation with resources and adequate space, so we said, 'Absolutely, send them out here.'"

The dogs have been spayed and neutered and have been cleared by the humane society's medical and behavioural departments.

The fee to adopt a dog is $185. Visit the humane society's website at edmontonhumanesociety.com to see the available pooches.

ANDREAS MORSE

ANDREAS MORSE/METRO EDMONTON



▶ Polar, a two-year-old Alaskan malamute cross, is waiting to be adopted.

City welcomes more earthquake orphans

Young survivors of 2008 Chinese quake arrive in Edmonton ◗ Local Mandarin students buddy up with Chengdu children



ANDREAS MORSE
@METRONEWS.CA

Last year, 18 orphaned earthquake survivors from Chengdu, China, came to Edmonton for a visit.

This year there are only seven, and Doreen Poon-Phillips, vice-president of the Edmonton Chinese Bilingual Education Association (ECBEA), said that might be a good sign.

"The government was telling us that a lot of the kids have been adopted out, so there's not as great a need," Poon-Phillips said. "That's a great thing for us to hear."

Poon-Phillips said the children were a little overwhelmed at first because none of them had ever been on an airplane before, but now they're starting to settle in and have some fun.

Adrianna Chong, 12, is a volunteer who has buddied up with a young Chinese girl. Chong said it's a good opportunity for her to help someone her age and to practice a little Mandarin.

"It's been great," she said. "My Chinese is not very good, so I'm learning a lot from this."

The guests from Chengdu arrived in Edmonton a few days ago and will spend 10 days taking in events and attractions around the city.

The 2008 Sichuan earthquake, which devastated Chengdu, struck on May 12, measuring 8.0 on the Richter scale and killing at least 68,000 people.

ANDREAS MORSE/METRO EDMONTON



▶ A group of young Chinese girls, who were orphaned by the 2008 earthquake in Chengdu, were at the Telus World of Science yesterday as part of a 10-day visit to the city.

1 news

News on the move

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On the web at metronews.ca

A decision to ban kites from a Toronto park isn't flying too well with fans of the pastime. Watch video at metronews.ca.

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$50K set for at-risk youth

Local youth who face barriers to employment will get job preparation training and work experience through the Government of Canada's support for an employment project.

Peter Goldring, member of Parliament for Edmonton East, made the announcement yesterday for the Edmonton City Centre Church Corporation (E4C) to receive more than $49,903 in federal Skills Link funding to provide outreach services to 125 youth in Edmonton who face significant barriers to employment.

"In my youth, it was very easy to move from job to job" Goldring said. "Today, that just isn't possible."

These services will help connect youth to community programs and services in order to assist them in identifying and addressing their employability and educational needs.

The most obvious beneficiary of the funding is the Kids in the Hall Bistro, located at city hall, which employs at-risk youth like Ryan McKinley and helps them learn skills in the service industry.

"I have work experience now that I didn't have before," said McKinley, 16 "When you come here, it's different ... Everybody's (treated) the same."

HARRY HODGE

Actors ready for film festival debut

- Duo perform in locally produced feature flick The Pharmacist
- Fest an opportunity for aspiring filmmakers to meet those in industry

KATHY LE
EDMONTON@METRONEWS.CA

CONTRIBUTED



▶Corey Loranger, left, plays Spencer, a narcoleptic pharmacist, in The Pharmacist, one of the films being presented at the 2010 Edmonton International Film Festival.

This year's 24th annual Edmonton International Film Festival (EIFF) will be a flip experience for local actors Corey Loranger and Anna-Maria LeMaistre.

Previous EIFF goers for many years, these two will soon see what it's like to watch their faces onscreen in the locally produced feature-length film, The Pharmacist, directed by Chester Sit.

"We're really happy to be in a local film festival and to have such an excellent calibre of film representing Edmonton," exclaimed LeMaistre.

However, being a part of the festival means more for the actors than just watching a movie.

"Sometimes with Canadian films you have the problem with the fact that until it's big in the States, you don't really acknowledge it in our own communities," said LeMaistre.

"We have to be proud of the filmmaking in Canada because there's some really good stuff," added Loranger.

Festival producer Kerrie Long was excited to see submissions double since last year.

"The audiences in Edmonton really embrace our films," she said.

Sept. 24 – Oct. 2

▶ **Goin' for the reel stuff**
For more information and festival pass deals go to edmontonfilmfest.com

Opinion



AT THE FRINGE FEST

BRYAN SAUNDERS

TRIO OF PLAYS EMBODIES RISK OF THE FRINGE

What makes the Fringe the Fringe? For me, it's about all of the risks that the artists take as they use the festival as a staging ground for new methods, new scripts and new ideas.

This Is Cancer — starring Bruce Horak as the living and breathing embodiment of cancer — is one adventurous show.

To the shock and dismay of a disgruntled few, This Is Cancer is a comedy.

It also involves a lot of very interesting audience participation, being the only show that I know of where an audience member is invited up on stage to beat the stuffing out of an actor. And that's just the very tip of the unusual audience-participation iceberg with this show.

Strange though the play may be, Horak succeeds in all that he attempts to do, ultimately leaving the audience laughing at cancer instead of being afraid of it.

Me, My Stuff and I is another show that strays from the beaten path. Digging into his enormous archive of Polaroids, audio and video recordings, and Grade 1 spelling assignments, Barry Smith takes his audience on a multimedia journey through his dramatic life, from birth to present day.

The story is both touching and funny, as Smith isn't afraid of opening up to the audience and sharing his strange joys as well as making light of his own personal pains and misgivings.

The end result is the most intimate use of PowerPoint that I've ever seen, well steeped in honesty and humour.

The Only Friends We Have is also worth mentioning for its fantastic use of physical comedy.

It takes a skilled actor to be able to make an audience laugh with just a glance of the eyes or a stretch of the arms. It's a real treat then to see such talent tripled in performers Matt Chapman, Josh Matthews and Sarah Petersiel.

The trio also engage in some experiments with format: Popping out of scenes every so often to show the audience hilarious little micro-scenes ranging from "three friends having an intervention" to "three friends smelling Indian food."

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ACCESSORY CHARGE

Police seek suspect in relation to homicide

Police are hunting a man who allegedly helped a murder suspect evade police.

Police say Azem Klinaku, 23, helped Ashley Rose Sinclair, 19, after she allegedly stabbed Angel Bird to death on July 31 over a male friend.

Klinaku is wanted on several arrest warrants including accessory to homicide after the fact.

Police are asking for the public's help in finding the suspect.

Anyone with information is asked to call police at 780-423-4567 or Crimestoppers.

METRO EDMONTON

Medical records left behind

An investigator says a Red Deer physician has broken an Alberta law by leaving behind 10 boxes of patient medical records when he moved his office.

Investigator Brian Hamilton with the Alberta Privacy Commissioner says Dr. Anthony Ford has contravened Alberta's Health Information Act. He says Ford is prepared to answer patient questions.

THE CANADIAN PRESS

Carr facing charges in Manitoba

A former Alberta government manager serving jail time for bilking the province of more than $634,000 now faces fraud charges in Manitoba.

In April, Lloyd Carr was sentenced in Edmonton to 3½ years after pleading guilty to one count of fraud over $5,000. Now RCMP in Flin Flon, Man., say Carr faces three additional charges.

THE CANADIAN PRESS

Kids readying for wired classrooms

KATHY LE/FOR METRO EDMONTON



▶ Before Monsignor Fee Otterson Elementary/Junior High makes its grand opening, Grade 6 students Olivia Rojek and Kaylee Emslie are helping Ms. Kucy decorate her classroom.

School has PA system allowing students to see announcements

KATHY LE
EDMONTON@METRONEWS.CA

Out with the chalkboard and in with new technology — three new schools are fully geared to give students the right tools for the 21st century.

"It's a wireless school. I think it's great to have wireless from Grade 1," said Principal Reny Clericuzio from Monsignor William Irwin Elementary.

"We're looking at building skills for the future, so (you've) got to start right in elementary school."

Supplementing paper and pencils will be laptops or net books for each student, which they can easily place on modified desks.

"The teachers will all be working on laptops and the smart boards in all the classes," added Clericuzio.

Having been in administration for 20 years, this is the first time Clericuzio is opening a brand new school as principal.

"Children need to be learning and also developing right relationships," he said.

New schools

- **Two other schools** opening are Monsignor Fee Otterson Elementary/Junior High (MFO) and Sister Annata Brockman Elementary/Junior High (SAB)
- **For 2011,** SAB is K-8, MFO is K-7 and Monsignor William Irwin Elementary (MWI) is K-2.
- **Average capacity** for the three schools is around 400 to 500.

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09/10 • 587



Click on this: Everyone has a right to Google

That's the 'free the Internet' message being sent to the feds Finland, Spain open the web to all citizens

Should every Canadian have the right to Google, stream YouTube videos and tweet their random nothings from the comfort of their own home?

The non-profit Public Interest Advocacy Centre says we should.

It's calling on the federal government to follow the lead of Finland and Spain.

On July 1, Finland became the first country in the world to declare that its citizens should have the right to high-speed Internet access.

Spain plans to enshrine the same right to reasonably priced broadband access sometime next year.

"The Internet, and in particular broadband services, are important both in terms of the economy of Canada and the individual lives of Canadians," said Michael Janigan, executive director and general counsel of the PIAC.

A report by the PIAC recommends that high-speed Internet be declared a basic service.

Similar telephone access was mandated by the Canadian Radio-television and Telecommunications Commission more than 10 years ago.

"It was discovered that in order to be a full participative member of society, access to a telephone service was required," Janigan said.

The CRTC is in the process of conducting public consultation.

THE CANADIAN PRESS

Internet options

The federal government has had previous requests for open broadband access.

1. The National Broadband Task Force recommended high-speed Internet for all residents and businesses by 2004.
2. Another report called for it by 2010 "at the latest."

Pakistan. Flood relief



▶ A boy reaches out for relief food at a camp near Sukkur in southern Pakistan yesterday.

SHAKIL ADIL/THE ASSOCIATED PRESS

World turns its back on victims

The scenes from flood-hit Pakistan are wrenching, but the global response to pleas for relief funds has been sluggish. The United Nations says it has yet to raise half its $460-million target. The World Health Organization has received commitments for just 25 per cent of the $56 million it has asked for. Some 1,500 people have died in the floods, triggered by monsoon rains.

Feds say sorry to Inuit 'exiles'

The federal government is saying sorry to the Inuit families who were taken from their homes and moved to the remote High Arctic islands in the 1950s.

Newly appointed Indian Affairs Minister John Duncan is offering the apology in Inukjuak in northern Quebec, the community were many of the so-called High Arctic Exiles were originally from.

In 1953 and 1956, 87 Inuit from about a dozen families were moved to what is now Resolute and Grise Fiord, the two most northerly communities in Canada.

Those Inuit were unfamiliar with the local area and promises of support from the government weren't fully realized, so the families suffered badly for years.

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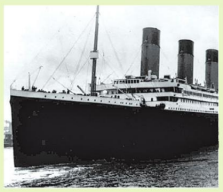
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News in brief



Fire won't stop Titanic probe

ST. JOHN'S, N.L. A small fire broke out aboard a research vessel days before it is scheduled to leave Newfoundland for an expedition to the Titanic shipwreck.

But a spokesperson for the expedition says it will leave St. John's on Sunday as scheduled.

Scientists plan to assess the deteriorating condition of the Titanic and create a detailed three-dimensional map of the wreckage, nearly 100 years after the ship struck an iceberg and sank to the bottom of the North Atlantic.

THE CANADIAN PRESS

Cockfighting ring alleged

TECUMSEH, Ont. The Ontario Society for the Prevention of Cruelty to Animals has stopped an alleged cockfighting ring in southern Ontario.

Two men, both of Tecumseh, have been charged with owning or possessing equipment or structures used in animal fighting or training.

The OSPCA alleges the birds were outfitted with knives on their legs.

THE CANADIAN PRESS

Kidnapped mayor killed

MONTERREY, Mexico. The kidnapped mayor of a northern Mexican town has been found dead.

It was the latest in a rash of deadly attacks on political figures in an area besieged by drug-gang battles.

Santiago Mayor Edelmiro Cavazos' hands were bound and his head was wrapped in tape.

THE ASSOCIATED PRESS

When a job turns into a nightmare

Will pep rallies end string of suicides at giant factory in China? Safety nets installed to catch jumpers

Young workers who normally spend their days assembling iPhones and other high-tech gadgets packed a stadium yesterday, waving pompoms and shouting slogans.

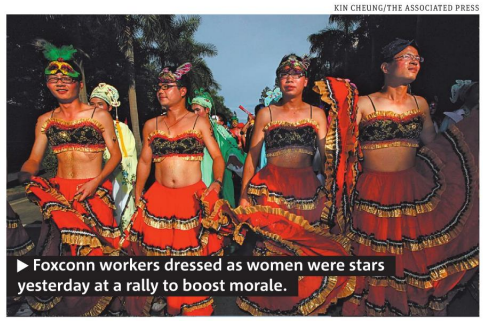
It was a rally in Shenzhen, China, to raise morale after a string of suicides at a company's heavily regimented factories.

The outreach to workers shows how the normally secretive Foxconn Technology Group has been shaken by the suicides.

"For a long period of time, I think we were kind of blinded by our success," said Louis Woo, special assistant to Terry Gou, the founder of Foxconn's parent company.

"We were kind of caught by surprise."

KIN CHEUNG/THE ASSOCIATED PRESS



▶ Foxconn workers dressed as women were stars yesterday at a rally to boost morale.

The company has already raised wages, hired counsellors and installed safety nets on buildings to catch would-be jumpers.

Other changes include job rotation so workers can try different tasks and grouping dorm assignments by home province so workers don't feel so isolated.

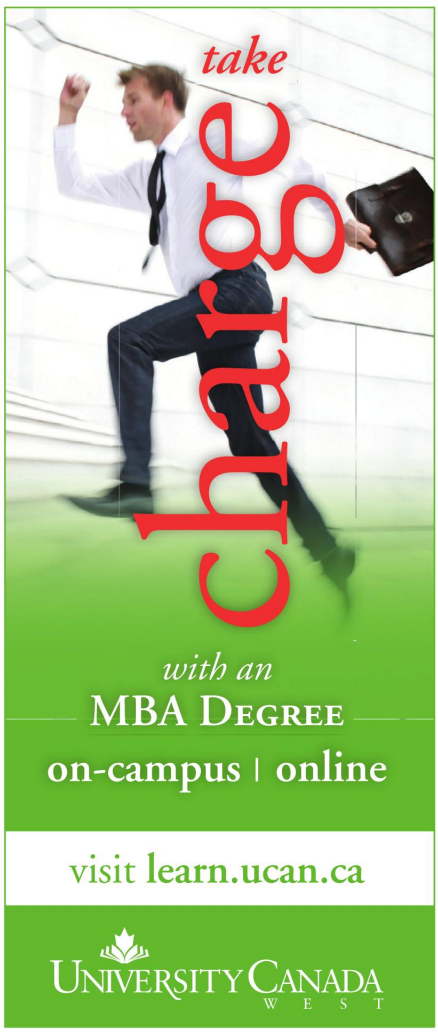
The rally took place at Foxconn's mammoth industrial park in Shenzhen, which employs 300,000 and where most of the suicides have taken place.

THE ASSOCIATED PRESS

Foxconn's fame

Foxconn has built itself into the world's largest contract maker of electronics. Its customers include Apple, Sony, Dell and Nokia.

- **The claims** Activists say the firm's success has come by driving workers too hard, operating a too-fast assembly line and requiring excessive overtime.
- **The denial** Foxconn says it does not treat its employees inhumanely.
- **The background** The firm's troubles highlight Chinese workers' growing dissatisfaction with the low wages and pressure-cooker working conditions that have helped turn the country into a manufacturing powerhouse.





RYAN TAPLIN/METRO HALIFAX



▶ Jason MacRae is escorted into Halifax provincial court yesterday morning.

Husband appears on murder charge

No other suspects being sought in case, police say



JENNIFER TAPLIN
@METRONEWS.CA

Paula Gallant's husband appeared quickly in a Halifax courtroom yesterday to be arraigned on a first-degree murder charge.

Jason Wayne MacRae, 37, was arrested Tuesday morning and charged late that night. Gallant, 36, was found in the trunk of her car — parked outside the Timberlea elementary school where she taught — in December 2005.

"This is the first step in the criminal process," said Denise Smith, chief crown attorney for the Halifax region.

"He appeared along with his defence council, the charge was read and it was put over for a period of one month (Sept. 17) to enable disclosure to be made."

From there a date will be set for a preliminary hearing and MacRae will remain in custody until a possible bail hearing.

Information came in a year ago which revitalized the Gallant murder investigation, said Halifax Regional Police Chief Frank Beazley at a press conference yesterday.

"There was an opportunity to put this investigation in a much more active role again after several years through new information coming to light which allowed us to put our team together and continue the investigation," he said.



▶ Paula Gallant

Cause of death

Police have never released the cause of death of elementary school teacher and young mother Paula Gallant.

▶ **Autopsy** An autopsy a few weeks after her body was found confirmed it was a homicide.

Scramble for flights as airline fails

Tens of thousands of people scrambled to make last-minute holiday plans yesterday after the collapse of budget travel company Kiss Flights — the 13th British vacation firm to fold this year. The failure of Kiss Flights reflects the rough ride experienced by the airline industry.

THE ASSOCIATED PRESS

TSUNAMI

2 quakes the cause: Study

The deadly tsunami that pounded several South Pacific islands last year was spawned by not one but two monstrous earthquakes, surprising new research reveals

Initially, it was thought that a single powerful magnitude-8.1 jolt triggered the Sept. 29 tsunami that killed nearly 200 people in Samoa, American Samoa and Tonga.

Two teams using different research techniques have now separately concluded that the disaster was the result of a rare double whammy — two so-called great earthquakes with magnitudes greater than 8 — that hit within minutes of each other. What's notable, they say, was that the quakes occurred along separate fault lines.

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Report backs offshore drilling

Senate findings follows massive Gulf oil spill ◗ NDP says report didn't study issues deeply enough

A Senate report has found no good reason to ban offshore drilling in Canadian waters.

The Senate energy and environment committee says Canadian regulations governing offshore drilling are tough enough.

"We could not identify any justification for a temporary or permanent ban or moratorium on current offshore operations," says the committee report released yesterday.

"Any future offshore operations authorized to take place in Canadian jurisdiction, be they in Arctic waters, off the Pacific coast or off Atlantic Canada, will be well and carefully regulated." THE CANADIAN PRESS

Recommendations

- **Only one** The report notes only one drilling project — the Chevron Lona O-55 exploratory well off the coast of Newfoundland — is underway in Canada. There are no offshore operations off the Pacific coast or in Arctic waters.
- **Prepare** The report recommends that everyone responsible for cleaning up oil spills practise and prepare for an accident before one actually happens.
- **Projects** There are some active oil-and-gas projects already underway off the coasts of Newfoundland and Nova Scotia.

Seattle. Reaction



▶ Protesters outside a hotel in Seattle Tuesday.

ELAINE THOMPSON/ASSOCIATED PRESS

Obama visits Seattle

U.S. President Barack Obama took part in a roundtable discussion Tuesday with small business owners at Grand Central Baker, in Seattle, to talk about jobs. The visit by Obama was his first to Washington state since his election.

BoC: Tighter bank regulations vital

The Bank of Canada says imposing tougher capital and liquidity requirements on banks would reduce the frequency and severity of any future global financial crises and the threat they would pose to Canada's economy.

The central bank said in a report released yesterday that the benefits of revised requirements would far outweigh the short-term costs that banks would likely pass along to consumers. THE CANADIAN PRESS



"The recent global financial crisis left a legacy of damaged economies ... Canada was not immune."
MARK CARNEY, BANK OF CANADA

EI claims rose in June

27.4 The percentage drop in claims since their peak in May 2009 — down 89,700, or 27.4 per cent.

Statistics Canada said yesterday the number of people who received regular employment insurance benefits climbed for the third straight month in June. The agency said 691,600 people received regular benefits in June, up 8,400 from May and the third straight month of small increases.

Despite the recent gains, the number of beneficiaries has fallen by 137,700, or 16.6 per cent, since the peak in June 2009. THE CANADIAN PRESS

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MARRIAGE: AN UNNECESSARY MILESTONE

He says ...

JOHN MAZEROLLE



This is marriage season in my family.

There's the summer anniversary of my very Catholic brother and his very Catholic wife, who pops off babies like a Gremlin when you get it wet.

There's the fall anniversary of my parents, who have been dating since they were zygotes and who make eHarmony couples seem jaded and cynical.

And there's my sister, who is marrying her girlfriend on the "28st" of August, according to her delightfully flawed wedding invitations.

Also there's me: I have my divorciversary.

I've been separated from my wife for a year-and-a-half. I may, therefore, be coming from a somewhat-biased perspective when I say I don't understand how marriage became a necessary ingredient for happiness.

At some point in human history, marriage became a mandatory milestone in any life, on that timeline that starts with Baby's First Spit-Up ensconced in a scrapbook and ends with a quiet, dignified death surrounded by family members who keep casually bringing up the will.

"To 'miss out' on marriage is to spend a life dealing with people who wonder what went wrong. People might not think you're a failure, but you're not going to get an A-plus with an 'incomplete.'"

To "miss out" on marriage is to spend a life dealing with people who wonder what went wrong. People might not think you're a failure, but you're not going to get an A-plus with an "incomplete."

And if marriage disintegrates, it's always treated like a tragedy. This reached its most ridiculous point during the Tiger Woods ordeal when the front of People magazine asked, "Can Tiger save his marriage?"

Will the Hindenburg fly again? Can Stalin be revived? Can we bring back the Fox puck? Why would we want to?

By default we assume that staying married is the "right" path. Nobody after a sex scandal ever says, "You know what? I'm sorry I hurt so many people, but I've re-evaluated and marriage was a bad choice for me. I move forward regretful but wiser."

Here's what I think: I think getting married is like getting an engineering degree. Engineering degrees are awesome, a wonderful accomplishment, but they're not for everyone, and there's no shame in not getting one. And if you forced everybody to get one a lot of bridges would collapse.

Marriage can work for many people, maybe even me some day.

But it should only be a No. 1 priority for some. For others, it needn't rank higher than 28st.

Cartoon

MICHAEL DE ADDER



Defending bike helmets

Letters & Tweets

HALIFAX. Tom Trottier's letter titled Helmets great, laws aren't (Aug. 17) paints a picture of helmet usage that does not jive with that of the credible sources on this issue.

To imply that the law requiring helmet use discourages the healthy physical activity of bicycle riding and is therefore counterproductive is misguided. To further refer to "studies in Nova Scotia and Australia and other places" without citing sources is a slippery slope on the road to credibility.

Recent studies by the Department of Epidemiology and Community Medicine at the University of Ottawa have clearly shown that helmet laws in Alberta and PEI have had no impact on the number of cyclists in these provinces. More importantly, they also show that helmet legislation is strongly associated with helmet usage — 73 per cent of cyclists don helmets in Nova Scotia, where legislation applies to all ages, compared to 41 per cent in Ontario where the law only applies to those under 18.

For the sake of the many "noggins" out there that need protecting — including Tom Trottier's — let's support bicycle helmet legislation.

SHIRLEY ANN ROGERS
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DR. JOHN TALLON

Noggin protectors

PAUL CHIASSON/THE CANADIAN PRESS



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▶ Telus World of Science.

2 scene

Book Deal



The next stage in Betty White's ever-rising career: books. The 88-year-old actress has a two-book deal with G.P. Putnam's Sons, starting in 2011 with Listen Up! The publisher said yesterday that the book will include what White has learned over "her incredibly varied, decades-long career in Hollywood." Subjects will include life, love, sex and celebrity.

THE ASSOCIATED PRESS

Find out what 93-year-old actor is getting a lifetime achievement award from the Screen Actors Guild.

With piranhas set to take over movie screens take a look at some of the other scary animals that have made movie history From birds, bears, ants, dogs and, of course, sharks, nature has plenty of options to make your spine tingle



▶ Roy Scheider is definitely going to need bigger boat if he wants to mess with Jaws.

Hollywood's Man-eaters chew up the screen

Animals are our furry, cuddly companions, unflaggingly loyal and pure of spirit — except for when they want to eat us, that is.

Hey, cycle of life, man. Sunrise, sunset.

I's time to look at the the best live-action animal movie that have a dark side ... if you dare. With Piranha 3D swimming into theatres and zooming right into your face, here's a look at the best of what happens when animals attack:

Jaws (1975)

It defined what we've come to know as the summer movie season. It was the first blockbuster — which, in retrospect, seems like a quaint notion. But its thrills and chills and suspense are just as fresh now as they were 35 years ago. Sure, the mechanical shark that preys on Amity Island looks a little, well, mechanical compared to the CGI effects that are available today.

But in his youth, Steven Spielberg was wise enough to know that it's what you don't show — what you just suggest — that's even more frightening. And John Williams' startling score was simplicity itself. Clearly, it still isn't safe to go back in the water.

The Birds (1963)

Ah, Bodega Bay ... so tranquil, so scenic. Until the killer birds come swooping in to peck everyone to bloody bits. The screeching noise alone that these creatures make is frightening in Alfred Hitchcock's classic, but it's his use of silence that's truly, deeply disturbing. The staccato unpredictability of their movements adds to the sense of unease, the fierce darkness of the crows' feathers providing a sharp contrast to Tippi Hedren's blonde, creamy features. And then there's that last scene, where the birds are just sitting there peacefully, watching our heroes drive away ... is it a sign of the apocalypse? Or just a good excuse to be unnerved? Either way, it's still scary as hell today.

Cujo (1983)

Man's best friend becomes his most fearsome, furry enemy in this thriller based on the Stephen King novel. The name alone is so synonymous with killer canines, it's become shorthand.



▶ Timothy Treadwell in Grizzly Man.

And it's not like some yippy, annoying dog that turns into a monster, like a Yorkie or a Chihuahua. No, this is a friendly, lovable St. Bernard, a breed that's traditionally been known as a reliable caretaker, who goes wild after he's bitten by a rabid bat and wreaks havoc on a small town. It's sort of a squeamish thing, the idea of having to fight and take down an animal that's traditionally considered a family member, but Cujo suggests that primal survival instincts will always win out in the end.

Grizzly Man (2005)

And speaking of survival ... we know from the start of this documentary that Timothy Treadwell is doomed, but that doesn't make it any less riveting. Werner Herzog's film follows the events that led up to Treadwell's 2003 mauling by a bear in the Alaskan wild, a place this daring and charismatic man chose to call home for a dozen years to surround himself with these hulking creatures.

He considered them his friends, shot video of himself frolicking with them, even gave them cutesy names.

But as Herzog reveals, who Treadwell really was proved just as fascinating as his horrible fate.

Them! (1954)

Ants — they're so tiny and harmless, they couldn't do any real damage beyond making a picnic unpleasant, right? Wrong! Sometimes ants turn gigantic and predatory when exposed to nuclear testing in the New Mexico desert.

But we don't see the big, angry bugs for a while; instead, Them! builds suspense on the premise of a mysterious, unknown menace.

A reflection of Cold War terror and panic, this black-and-white science fiction classic was nominated for an Academy Award for its special effects and featured a cast including James Whitmore, James Arness, Fess Parker and Leonard Nimoy. But it was also good, cheesy fun.

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Roberts tackles TV

Oscar winner departs from film
Roberts produces documentary series to debut on Oprah's network

GETTY IMAGES



▶ Julia Roberts talks to the press in Tokyo, where she's promoting the release of the film Eat Pray Love.

Julia Roberts isn't planning a spiritual journey of her own after making the film based on the hit travel memoir Eat Pray Love.

Roberts, a happily married mother of three, said she read and enjoyed Elizabeth Gilbert's best-seller long before the proposed movie script came across her desk and she jumped at the role.

But she added she isn't looking to make any big alterations in her own life.

"No, no changes," Roberts said yesterday in Tokyo, where she is promoting the movie's release. "I'm good."

Roberts is a practicing Hindu and said she was interested in the faith before she came across the book and did not convert because of it. The 42-year-old Georgia native was raised Catholic.

Beyond those comments, she said she would keep her beliefs to herself.

"I've realized something my mother told me 22 years ago,"' she said. "You're an actor, act. Don't talk about politics or religion."

One departure for Roberts does lie ahead. The Oscar winner has done little TV work, but she is now a producer of a documentary series called Extraordinary Moms to debut in January on Oprah Winfrey's new cable network.

Her next big-screen project is Larry Crowne with Tom Hanks, set for release next year.

On her longevity as a sought-after actress, she said her inspiration has never waned.

"Loving what you do is the secret to everything," she said. "I really do love the creative part of making movies."

THE ASSOCIATED PRESS

Eat Pray Love

Roberts isn't planning to go on a spiritual journey like the character she plays in her latest movie.

▶ **Practicing Hindu** Roberts said making the film didn't influence her conversion to Hinduism.





Album reviews A classic ●●●●● | Buy it ●●●● | Get the single ●●● | Borrow it ●● | Don't bother ●



Actress discovers her voice

Jill Hennessy
Album: Ghost in My Head
Label: Master Rock
●●●½

This debut CD is not the work of a pampered Hollywood waif cashing in on her celebrity with a quickie CD of co-writes and covers. Jill Hennessy never fit that mould, even on television. She learned the ropes busking the streets of Toronto years before finding near-cult status on Law and Order. She has a folky vibrato that suits these ten heartfelt songs written with a nod to the great craftsmen of the '70s. Stark lyrical imagery enters dark terrain from a troubled childhood on tracks like Falling Down, Small Hands and Save Me. Hennessy also finds a storyteller's pen on Erin, a haunting look at the life of an exotic dancer. **Outstanding track:** Falling Down

GRAHAM ROCKINGHAM



Iron Maiden
Album: The Final Frontier
Label: EMI
●●●½

Unlike contemporaries AC/DC and Ozzy, Iron Maiden still manage to come up with new ideas in their fifth decade as a band. The Final Frontier isn't a far stretch from the apocalyptic fantasies of their previous 14 albums, but their technical prowess is still a wonderment to hear. **Outstanding track:** The Alchemist

CAM LINDSAY



Ray Lamontagne and the Pariah Dogs
Album: God Willin' & the Creek Don't Rise
Label: RCA/Sony
●●●●
Ray Lamontagne shows that he's more than just a superb songwriter with a multi-textured voice. Still, there's plentyhere for fans of Lamontagne's dark alt-country persona. **Outstanding track:** Repo Man

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Jail tale could net Lohan a cool $1M

Actress set to profit after prison and rehab stints Ex-girlfriend of star's father opts not to pursue harassment charges in New York

When she gets out of rehab — which could be as early as this week, according to some reports — Lindsay Lohan stands to make a quite a profit, as OK! Magazine is reportedly ready to pay her $1 million US for her first post-jail interview, according to the Hollywood Reporter.

Her fee for appearances at New York or Los Angeles events has reportedly hit $25,000 to $100,000, and she can command around half a million for a Vegas appearance, according to the newspaper.

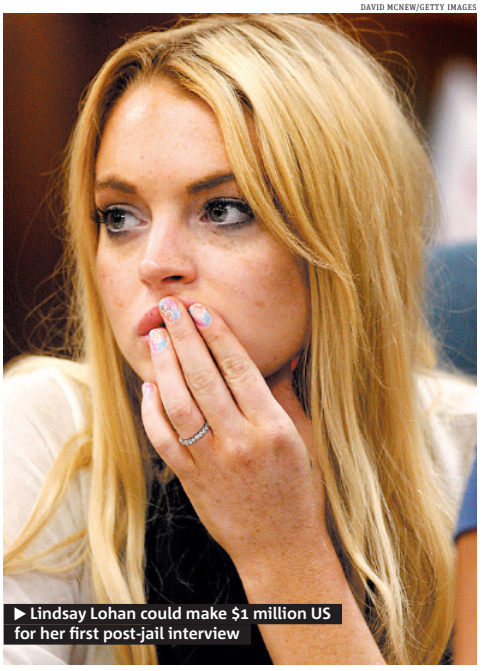
Meanwhile, father Michael Lohan's ex-fiancee has told a New York judge she no longer wants to pursue criminal charges against him stemming from a fight last month.

Both Kathryn Major and Lohan appeared in Southampton Town Court on Long Island yesterday. His attorney entered a not guilty plea to the harassment charge.

Moments later, Major testified she wanted to drop the charge. She also agreed to drop an order of protection requiring Lohan to stay away from her. In July, she told police Lohan had threatened her during a fight. They have since split up.

Town Justice Andrea Schiavoni told Lohan if he stays out of trouble for six months, the case will be dropped. THE ASSOCIATED PRESS

DAVID MCNEW/GETTY IMAGES



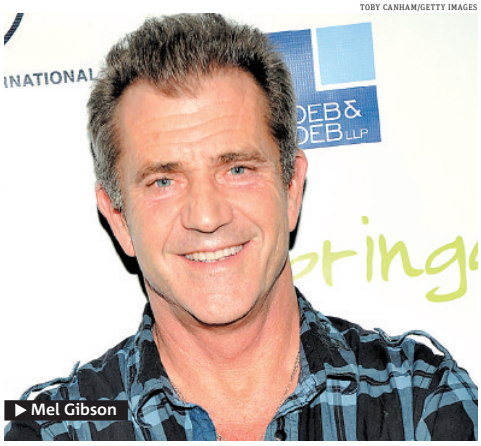
▶ Lindsay Lohan could make $1 million US for her first post-jail interview



Grigorieva's lawyers want to question Gibson's ex-wife

It looks like Mel Gibson's ex-wife, Robyn Moore Gibson, might get dragged into the ongoing legal battle between Mel and ex-girlfriend Oksana Grigorieva. The Russian singer's lawyers are looking to subpoena Robyn over her sworn statement that Mel was never abusive to her during their 28-year marriage, according to Radar Online. "Mel never engaged in any physical abuse of any kind toward me before, during, or after our marriage," Robyn reportedly said. Grigorieva's lawyers want to question her motivation for defending Mel. METRO

TOBY CANHAM/GETTY IMAGES



▶ Mel Gibson

Long goes the distance with Barrymore

Justin Long is opening up about his on-again, off-again relationship with Going the Distance co-star Drew Barrymore. "We've been through everything, the whole gamut of the heights of love to the depth of heartbreak," he tells New York magazine. "The idea that a person that you're in a relationship with can change you so drastically and have that deep of an effect on your life, just that idea, I mean, what a gift to be able to use that." METRO

Celebrity tweets



John Mayer [@johncmayer] Ladies and gentlemen, I am no longer funny on Twitter. Literally 15 attempts to write a thought dashed by my own deleting. :(



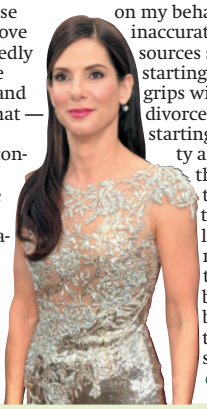
Kanye West [@kanyewest] Me and Mos Def had a push up contest at Nobu last night... Suits on... I did keep on my shoes though lol! Super deep convo followed of course.



Stephen Colbert [@Stephen-AtHome] The worst part about Newsweek rating America below Luxembourg is that now I've heard of Luxembourg

James follows Bullock to Texas

REUNION TOUR Jesse James is set to move to Austin, reportedly following ex-wife Sandra Bullock, and she's fine with that — but that doesn't mean they're reconciling. "I support Jesse in his move to Austin," she tells People magazine. "We have both moved on with our lives and only want the best for each other. Anything else that is said on my behalf is inaccurate." And sources say James is starting to come to grips with their June divorce. "I think he's starting to grasp reality a bit more and the realization that it's going to take a lot longer and a lot more than he thought to bring things back to what they were," a source says. METRO



Gossip Girl's fashion rules

WORLDS COLLIDE Gossip Girl star and aspiring rocker Taylor Momsen has very strict fashion rules, and she doesn't like what she's seeing in the music world. "People think pop is rock, and the lines are getting blurred," she tells Spin magazine. "Now Rihanna's wearing f—ing leather jackets, and it's really annoying." METRO

Making sense of fall fashion

CATWALKING



▶ Miu Miu

GETTY IMAGES



▶ Louis Vuitton

CATWALKING



▶ Celine

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▶ Dries Van Noten

There's no shortage of trends to choose from this autumn and winter



KENYA HUNT
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METRO WORLD NEWS IN LONDON

The battle of the decades

The Fifties, Sixties and Seventies all emerged as key points of reference for autumn. Chloé, 3.1 Phillip Lim and Yves Saint Laurent with their wide-leg trousers and billowing blouses, are just a few examples of autumn's seventies-flavoured collections. While Giles, Anna Sui and Miu Miu all had a strong early Sixties undercurrent. Prada and Louis Vuitton gave up major Fifties references in the form of full, lady-like skirts, corsets and prim kitten heels.

Worth spending your money on: The universally flattering Fifties skirt works perfectly with a crew neck sweater for the office and with an even tighter cardigan for a date night.

Minimalism returns

Thank Celine creative director Phoebe Philo for all the precisely cut looks you're seeing in stores right now. She's mostly responsible for moving fashion away from all the studs, rivets and spikes and towards its current air of restraint: austere white shirts, the crispest A-line skirts, sharply tailored coats you could practically cut your finger on, you get the idea. Calvin Klein, Stella McCartney and Maison Margiela were all similarly enthusiastic champions of these ideas for fall.

Worth spending your money on: A clean, well-made blazer or coat. It might be your most expensive purchase, but it will never go out of style.

Old comforts

Just about everything classic is cool again. Aviator jackets (Burberry Prorsum), Fair Isle knits (D&G), heather gray sweats (Dries Van Noten), velvet anything (Ralph Lauren), the list goes on. The beauty of these staples is that they have a can't-go-wrong versatility to them. It's almost impossible to wear them badly.

Worth spending your money on: A shearling-lined aviator jacket is not only warm to get you through winter, but it looks equally right with a dress or jeans.

What to skip

- **Anything that has a high-waist, wide-leg and a tapered ankle — in the same garment.** The trousers look great on models, but most likely not so good on you (or us).
- **Chunky, color-block heels.** Balenciaga did these. They are very expensive. The knockoffs are in stores. But they don't look anywhere close to the real thing. Resist them.

3 life

Men's grooming

Liz Earle for men after-shaving moisturizer (Naturally active men's skincare)

Redness and bumpy irritated skin, are all signs of post-shave problems. However, Liz Earle for men After-Shaving Moisturiser, is rich in borage and vitamin E which helps sooth delicate post-shave skin. These ingredients help to prevent further irritation and hydrate sensitive areas to maintain a smooth and healthy appearance all-year round.

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Landing on the Moon

Bay serves up modern essentials with new affordable apparel line

Budget-conscious fashion has become big business with consumers flocking to mass retailers in search of trendy yet affordable apparel.

But with the nationwide launch of its new apparel line, Moon, the Bay is aiming to do more than just appeal to cost-conscious consumers looking out for their bottom line.

The line's debut offerings comprise a range of streamlined separates designed to be versatile for everyday wear in addition to serving as building blocks in the modern woman's wardrobe.

Prices for the line span from $19 to $79. The offerings include classic shirts, cardigans, turtlenecks, blazers, dress pants, jersey knit dresses and skirts in mini, pleated and pencil styles. Outerwear runs up to $139.

"It's a collection of essential pieces for work and play, evening and day," said Saul Mimran, president of the Mimran Group, whose company partnered with the Bay on the line, which is geared toward women aged 25 to 45. "It's well priced, and is for the lady who is on the way up."

Mimran said the key change in dressing today's woman has to do with fitness and lifestyle.

"She's working out, she's fit, she's eating well, and she wants to show it, and she should, and we want to be there to help her," he said, pointing to the leaner cut in the designs.

"She's also very interested in making a good investment in her clothing, doesn't want to be so fast that it's worn once and thrown out. We hope that these clothes can hang in her closet for many seasons and be worn many times over."



▶ Models pose in a campaign image for Moon, a newly launched affordable modern apparel line for women at the Bay

Last year, the Bay relaunched The Room at its flagship Queen Street location in Toronto devoted to showcasing higher-end lines. But the retailer is broadening its focus beyond luxury offerings to compete with other retailers offering moderately priced apparel.

"What we're trying to do is look at brands, and not only Moon, but go after other brands that are great price points ... and have a contemporary feel," said HBC fashion director Suzanne Timmins. "That's part of our strategy."

"These are great prices, but they're also keeper pieces, and the kind of pieces that you'd have from season to season and build on, hopefully within the Moon brand itself," she said of the new collection.

The new line's moniker also has its ties to a Canadian fashion heavyweight.



▶ A cowl top

▶ A Moon cardigan

▶ Double knit jersey dress

Moon was the name of the Toronto boutique opened back in the '70s by Mimran Group partner and designer Alfred Sung. Moon is also part of Sung's name.

THE CANADIAN PRESS

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▶ Ikea products are named after different things, including Scandinavian places.





The strange words of Ikea furniture

Why is Billy called Billy? What does Expedit stand for? What's the meaning of Lack? The elaborate method of naming the Swedish company's products makes perfect sense

KRISTOFFER RENGFORS
METRO STOCKHOLM

They've baffled non-Swedes for years and become the subject of countless internet jokes, but Ikea bosses say their strange-sounding product names make perfect sense!

"It all started with Ingvar Kamprad (founder of Ikea) thinking it was too hard to remember products just by their numbers so he started naming everything instead," said Ylva Magnusson, press manager at Ikea in Sweden.

As Ikea started growing into the giant company it is today, a small team of people were given the task to come up with names for everything in the product line.

A system was worked out. Beds and wardrobes were named after places in Norway, while bookcases were given Scandinavian boys names or named after professions. Bathroom articles were named after Swedish lakes. It all made perfect sense!

But Magnusson added: "Now there is a database where potential names are stored. We have 9,500 products and about 30 per cent are changed every year.

"That's 3,000 new names every year so it's really important that the names are not recycled and that we have checked and cleared names that might be offensive in other languages."

So why keep the Scandinavian names?

For instance, if the plastic box Samla was named Collect in English, then people might understand the name in other countries.

"But, at the same time, the names are seen as exotic in many places. And being Swedish is a big part of our soul and brand," said Masnusson.

What's in a name?

How names are chosen for Ikea products

- **Beds, wardrobes, hall furniture:** Norwegian places
- **Dining-tables and chairs:** Swedish places
- **Bookcases:** Professions, Scandinavian boys names
- **Bathroom articles:** Names of Swedish lakes, watercourses etc.
- **Kitchens:** In general, names suited to how the individual products are used.
- **Desks, chairs and swivel chairs:** Scandinavian names of boys
- **Garden furniture:** Names of Swedish islands
- **Rugs:** Danish place names
- **Bathroom articles:** Names of Swedish lakes, watercourses etc.
- **Lighting:** Measurement units, seasons, months, days, shipping and nautical terms

Looking for another reason to get excited about the 2011 IKEA Catalogue?

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10:12 a.m.: you give your landlord notice.



10:13 a.m.

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Banking can be this comfortable

Home addition projects need a lot of patience

Research, research, research — that's the mantra for remodelling Make sure you budget accurately


▶ Make sure you have your ducks in a row before taking on a home addition.

Ask William Carter about expanding your home and he's going to be blunt: It will be expensive. It will be messy. And it will take time.

"This is a very taxing process," says Carter, who has renovated homes in California for three decades and is now board chairman of the National Association of the Remodeling Industry.

"You're probably going to make 1,500 to 2,000 decisions before this project is completed."

But, he says, if you plan carefully and trust your instincts, you can "end up with a quality project and everyone will be friends afterwards."

Like all remodelling projects, adding on to your home starts with planning and research. In surveys of Consumer Reports readers who have remodelled their homes, "the thing they wish they had done is spent more time upfront," says Celia Kuperszmid-Lehrman, deputy home editor at the magazine.

Make detailed notes about the basics you want, and a separate list of special things — maybe skylights or a fireplace — that you'd love to include but can live without.

"There is almost always a conflict between what you can afford and what you want," says Bill Harbrecht, a retired contractor from Florida who shares his knowledge at Remodeling4Dumbells.com.

Basics such as "foundation, framing, basic electric and heating are built-in costs and there is no way around them. Be sure to plan a large enough addition, he says, because scrimping on space may leave you unsatisfied with the finished product.

But also consider how the value and size of your home compares with others in the neighbourhood. "You don't want to go crazy beyond what's common in your neighbourhood," says Kuperszmid-Lehrman, because building too big can make it harder to recoup the money when you eventually sell.

THE ASSOCIATED PRESS

Contract question

It's vital to move slowly and carefully when signing contracts.

Don't assume details are implied. Outline everything on paper, from which materials will be used to how clean the work site will be at the end of each day.

Agree in writing on an estimated time frame and overall estimate of costs. But accept that contractors can't predict the weather, and things like frayed wiring or termites may be discovered when walls are opened.

Once the project is underway, stay in written communication. Written communication with a date and time stamp is the best way to prevent "he said, she said" conflict, and preserve a good relationship until the end.

THE ASSOCIATED PRESS



Go with the flow

A backed up pipe in the bathroom is a drag, to say the least. It's one of the most used rooms in the house, but have you been performing the proper maintenance on a regular basis? Direct Energy has a few tips to keep the plumbing in your washroom operating efficiently.

Hair and dental floss are not friends to your drains. When shed-resistant floss enters the sewage system, it bonds with other waste and forms large clumps that block pipes. Hair poses a similar problem. Discard hair and your used floss in the wastepaper basket and use strainers in the sink and tub to keep hair and soap clear of your pipes.

A dripping tap can waste of up to 15 gallons of water per day. That's a lot of water. Avoid wasting this precious resource and ensure taps are fully closed and replace any tap that continues to drip even when fully tightened shut.

Install low-flow showerheads and toilets. Think about it, a 10 minute shower with a conventional showerhead can use up to 42 gallons of water. Low-flow showerheads and toilets use far less water, which will save a few dollars on your water bill.

NEWS CANADA

Brighter shade of green

PRODUCT. Doing your part to save the earth can be done in style with value-conscious Applause honeycomb shades from Hunter Douglas, makers of Duette, the original honeycomb shade. Not only does the air-trapping honeycomb construction of Applause shades ensure their energy efficiency, but the new 2010 collection includes the only shade of its kind on the market made with recycled materials. Called Vintage, it is created using 40 per cent recycled polyester fibres from post-consumer textiles, such as water bottles.

NEWS CANADA

Patio Wars: Explore The Dish's Secret Garden

CHRISTOPHER THRALL/FOR METRO EDMONTON



▶ On The Dish's secret garden patio, the Greek Strudel ($16.75) just tastes better.

While the fare middling, the secret tucked away patio is divine

LUNCH RUSH

CHRISTOPHER THRALL
FOOD@METRONEWS.CA

My favourite view of Edmonton is from the Marriott's Riverside Bistro. My favourite vibe is from the roof of the Black Dog. However, my favourite patio in the city is the intimate nook behind The Dish.

Always shaded and quiet despite the nearby thoroughfare, the liana-strung space is lit with Christmas lights and blanketed with music.

This lunch hour, I mistimed our visit and ended up waiting on our order, meal and bill. My Greek strudel ($16.75) was disappointing, as its phyllo wasn't crisp and the content was unspectacular, but the spinach salad was delicious with its abundance of feta and a boisterous vinaigrette. Sipping at a luscious organic chai ($3.75), I was satisfied but not as delighted as usual with the fare.

The Dish is part of the Original Fare group and possesses the best little patio in town.

Enjoy!

The Dish
12417 Stony Plain Road
780-488-6641
thedishandspoon.com
Rating: 3.5
Price range: Mid
Reservations: No
Category: Date, co-worker or social lunch
Time in: 12:10
Time out: 1:10
Licensed: Yes

Peach Breakfast Crostini



Ingredients :

- 500 ml (2 cups) thinly sliced, pitted peaches
- 250 ml (1 cup) blueberries
- 250 ml (1 cup) raspberries
- 50 ml (1/4 cup) chopped crystallized ginger
- 30 ml (2 tbsp) maple syrup
- 15 ml (1 tbsp) chopped fresh mint
- 24 slices of baguette, cut 1 cm (1/2 inch) thick
- 15 ml (1 tbsp) butter, melted
- 5 ml (1 tsp) ground cinnamon
- 5 ml (1 tsp) granulated sugar
- 50 ml (1/4 cup) low-fat cream cheese

Preparation:

1. Preheat oven to 190 C (375 F).
2. In a bowl, combine peaches, blueberries, raspberries and ginger. Drizzle with maple syrup and toss gently to combine. Sprinkle with mint. Let sit for 15 minutes or covered for up to 6 hours.
3. Arrange slices of baguette on a rimmed baking sheet. Brush one side of each slice lightly with melted butter and sprinkle with cinnamon and sugar. Bake in the centre of the oven until toasted and golden, turning once, about 8 minutes.
4. Spread cream cheese lightly over each toast and top with fruit mixture.

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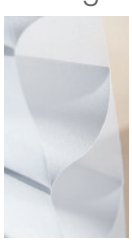
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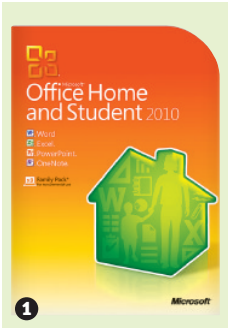
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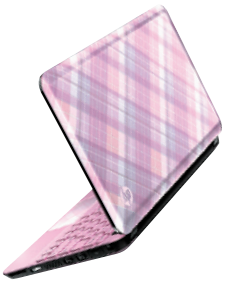
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5 ingredients = breaky, lunch, dinner

Breakfast burritos



Ingredients:
- 8 large eggs
- 1 cup (250 ml) light (single) cream
- 4 flour tortillas
- 1/2 cup (125 ml) tomato salsa (or chutney)
- 2 cups (100 g) watercress

Preparation:

1. Beat the eggs and cream in a large bowl.
2. Cook the egg mixture in a large nonstick frying pan over medium-low heat for about 5 minutes, stirring often, or until the eggs form large chunks.
3. Set aside and keep warm.
4. Warm the tortillas in a large frying pan over high heat, one at a time, until they begin to colour.
5. Transfer to a flat surface and spread with the tomato salsa.
6. Top with the scrambled egg and watercress.
7. Fold the tortillas over and serve hot.

Serves: 4
Preparation: 5 minutes
Cooking: 7 minutes

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READER'S DIGEST

Spicy sausage & tomato soup



Ingredients :
- 2 cups (500 ml) vegetable stock
- 2 (14-ounce/400-g) cans chopped tomatoes, with juice
- 8 ounces (250 g) Spanish chorizo sausage, peeled and sliced
- 1 (14-ounce/400-g) can cannellini beans, drained
- 2 tablespoons coarsely chopped fresh thyme

Preparation:

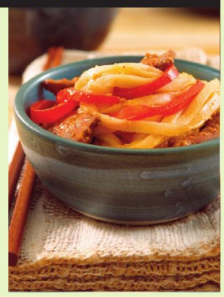
1. Combine the stock, tomatoes, sausage, and beans in a large saucepan.
2. Bring to a boil and simmer gently for 10 minutes.
3. Add the thyme and simmer for 5 more minutes. Serve hot.

Serves: 4
Preparation: 10 minutes
Cooking: 15 minutes

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READER'S DIGEST

Satay beef with rice noodles



Ingredients:
- 14 ounces (400 g) dried rice stick noodles
- 3 tablespoons sesame oil
- 11/4 pounds (600 g) tenderloin beef, cut into thin strips
- 2 red bell peppers (capsicums), seeded and cut into thin strips
- 3/4 cup (180 ml) store bought satay sauce

Preparation:

1. Put the noodles in a medium bowl, cover with boiling water, and soak until softened, 5–10 minutes. Drain and set aside.
2. Place a wok over high heat. When it is very hot, add the sesame oil. Add the beef and stir-fry for 2 minutes. Add the bell peppers and stir-fry for 2 minutes.
3. Stir in the satay sauce and heat for 1 minute.
4. Add the noodles. Toss well and serve hot.

Serves: 4
Preparation: 10 minutes + 5-10 to soak noodles
Cooking: 5 minutes

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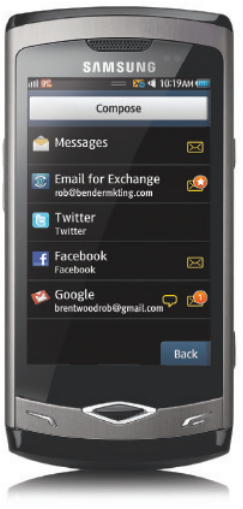
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- Mill Woods Town Centre
- Northgate Centre
- Northgate Centre (kiosk)
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4 sports

Edmonton native leaves her mark

The fastest female triathletes in the world are now looking over their shoulders for a redhead from Edmonton.

Paula Findlay was a virtual unknown on the international circuit before this breakout season.

The 21-year-old has won four of five races she's entered this year, including back-to-back world championship series events on the 2012 London Olympic course on July 24 and in Kitzbuehel, Austria, on Sunday.

On deck

- Findlay will compete in the Pushor Mitchell Apple Triathlon, which doubles as the Canadian championship, in Kelowna, B.C., this weekend.

"I did kind of come out of nowhere," Findlay admits from her training base in Victoria.

"Even going in to London, I was ranked 53rd. I wasn't really known."

When Findlay crossed the finish line in Kitzbuehel, she shook her head slightly in disbelief.

"I just keep going into these races not expecting to do what I'm doing," she says.

"Everything I finish I'm shocked. It's getting a little less shocking as I go along."

THE CANADIAN PRESS

KERSTIN JOENSSON/THE ASSOCIATED PRESS



▶ Paula Findlay during her race last Sunday.

Coaching changes hit Eskimos staff

Esks legend Kepley resigns as linebacker coach 1-6 record a thing of the past, Hall says

Edmonton Eskimos head coach Richie Hall has declared his team's off-season over.

The players have dug themselves a Canadian Football League worst 1-6 hole heading into this week's bye, but that's all in the past, the coach says.

The 56-15 stinker to rival Calgary last week — an effort so deflating it has many questioning the team's heart — that's all water under the bridge, according to Hall.

"This past week was our off-season. This break was our off-season," he told reporters yesterday after two days of meetings with Eskimo brass.

"As we go forward, our last 11 games — it's an 11-game season for us."

The new leaf was turned over with a pair of coaching changes.

"I really don't know the reason. It could be philosophical, different views."
TEAM PRESIDENT RICK LELACHEUR ON KEPLEY'S DEPARTURE

Hall hired Mark Nelson as linebackers coach while former Eskimos offensive lineman Tim Prinsen was named offensive line coach.

Nelson takes over from longtime Eskimos star Dan Kepley, who resigned after nine seasons as a coach, while Prinsen replaces Jeff Bleamer, who was fired.

Kepley's resignation came as a shock. He is an Eskimo legend — a member of the organization's Wall of Honour who has been with the team for eight of its 13 Grey Cups both as a player and a coach. THE CANADIAN PRESS

LARRY MACDOUGAL/THE CANADIAN PRESS



▶ Eskimos head coach Richie Hall during the closing moments of a 56-15 loss to the Calgary Stampeders on Sunday.

Tennis

Up and down

Rafael Nadal
The top-ranked player didn't have much trouble winning his opening match at the Cincinnati Masters. Nadal took control at the start of his 6-2, 7-5 win over American Taylor Dent.





Justine Henin
The former No. 1 will miss the rest of the 2010 season as she recovers from an elbow injury. Henin, 28, suffered the injury at Wimbledon in July. She said on her personal website that she would not be able to practise again until October.

Scan code for more sports

Favre finally takes the field

Brett Favre says the strong chance of playing in another Super Bowl brought him back to the NFL — again.

Favre joined his Minnesota Vikings teammates at practice yesterday.

The three-time MVP wore a helmet, shoulder pads and red quarterback's jersey as he worked out with Minnesota for the first time since getting battered by New Orleans as the Vikings lost the NFC championship game in January.

Favre said the chances of making the Super Bowl with Minnesota "are much greater than other places."

"I was so close, so close to getting these guys to the Super Bowl," Favre said.

"I owe it to this organization to give it one more try."

THE ASSOCIATED PRESS

JIM MONE/THE ASSOCIATED PRESS



▶ Brett Favre

Sports in brief

Braves acquire Lee from Cubs

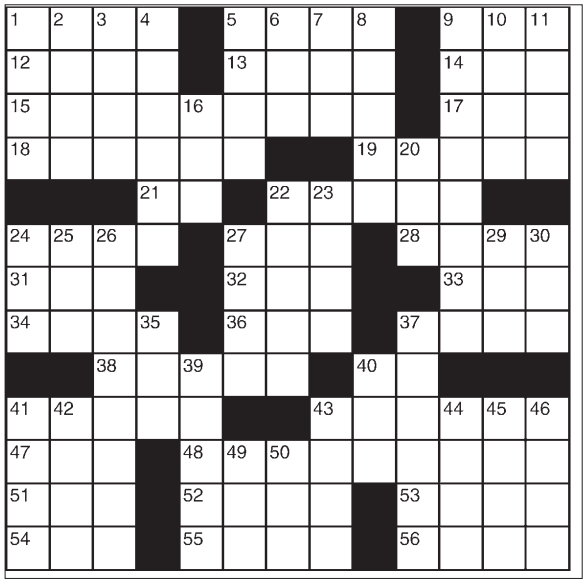
MLB. The Atlanta Braves bulked up for the playoff race yesterday, acquiring first baseman Derrek Lee from the Chicago Cubs.

The Braves sent three minor league pitchers to the Cubs, none of them considered top-level prospects.

Union takes K-Rod's side

MLB. The players' union filed a grievance against the New York Mets and the commissioner's office yesterday, protesting how the team has handled Francisco Rodriguez since he was injured in a fight at Citi Field. The Mets placed the closer on the disqualified list in an effort to convert his contract to a non-guaranteed deal.
THE ASSOCIATED PRESS

Crossword



Across

1 Unopened roses
5 "Oh, woe"
9 Hair goop
12 Persisting
13 Crooked
14 Past
15 Identifier of a sort
17 Swab
18 Spanish wine
19 Actress Witherspoon
21 "Forget it!"
22 Dr. Salk
24 Martial art
27 Long March leader
28 Hoodlum
31 Loser to Ghana in the 2010 World Cup
32 Mischievous tyke
33 Raw rock
34 Office part-timer
36 "— Miserables"
37 Do laps in the pool
38 Icicles' locations
40 Exist
41 Where the action is
43 Celebration
47 Started
48 Fool
51 Stiller or Stein
52 String instrument
53 — out (supplemented)
54 Alias abbr.
55 Tend texts
56 "— hear you correctly?"

Down

1 Prohibits
2 Hexagonal state
3 One thin —
4 Buffet table fuel
5 With skill
6 Meadow
7 Picnic intruder
8 Unyielding
9 "Jeopardy!", e.g.
10 Hollywood clashers
11 Bound along
16 Expert
20 Dine
22 New Testament book
23 "My bad"
24 Protrude
25 Work with
26 Barry Humphries portrayal
27 Marathon fraction
29 Spoonbender Geller
30 Idaho, the — State
35 Zero-star review
37 Get angry
39 Trumpet feature
40 Chest protector
41 Actress Jessica
42 Stench
43 Fedora material
44 Munro pseudonym
45 Even
46 "The King —"
49 Help
50 Miss Piggy's pronoun

▶ Yesterday's answer

G	O	L	F	■	D	E	S	■	O	B	I	S
O	M	A	R	■	U	G	H	■	C	E	D	E
U	N	D	E	R	A	G	E	■	A	V	O	W
P	I	S	T	O	L	■	M	O	R	E	L	S
■	■	■	S	C	I	■	P	A	I	R	■	■
P	A	S	■	A	T	M	■	K	N	A	C	K
S	N	U	B	■	Y	A	M	■	A	G	U	E
I	N	F	R	A	■	P	O	P	■	E	R	G
■	■	F	O	N	D	■	T	A	M	■	■	■
G	Y	R	A	T	E	■	I	C	A	R	U	S
R	O	A	D	■	C	O	V	E	R	A	G	E
U	R	G	E	■	O	D	E	■	D	I	L	L
B	E	E	N	■	Y	D	S	■	I	D	Y	L

Sudoku

	4			6				9
		3	8		5			2
			3	1	4			
	6					1		
8	3						2	5
		7					8	
			1	4	2			
6			7		9	8		
1				8			5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	9	6	1	7	5	8	2	4
1	5	7	2	8	4	9	6	3
8	2	4	6	9	3	5	7	1
4	3	1	8	6	9	7	5	2
9	7	8	5	3	2	1	4	6
2	6	5	4	1	7	3	9	8
6	1	2	9	5	8	4	3	7
7	8	9	3	4	6	2	1	5
5	4	3	7	2	1	6	8	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my mom, Beanie. Thanks for everything you do for me.
LOVE BRANDON

Jesse; 3 years together already baby! Guess its really true- All you need is love!
LOVE, DRINI

A million blowing kisses to my one and only Sweety Pie for preparing all my meals. They are yummy and healthy and have made me lose an unbelievable 30 lbs so far. Now I am as fit as you are. You're simply the best!
LOVE, KULOT

Shotgun Shorty you sit passenger in the ride. You stay close, stay ready like the shotty on the side. And as life unfold around you, make sure your eyes stay open wide, cause Shorty know a Shotgun make a Superheros bride.. Happy 7 Months Baybee. **LOVE YOU**

A look at the weather

TODAY	FRIDAY	SATURDAY
Min 10° Max 25°	Min 9° Max 21°	Min 8° Max 24°

Michele McDougall
Weather Specialist
BT BREAKFAST TELEVISION



"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Look and act confident in everything you do today and you will accomplish great things. Fortunately as an Aries you don't really have to act: you know you are the best.

♉ Taurus April 21-May 21 Each way you turn today there will be someone who rubs you up the wrong way. You might want to get angry with them but the planets warn that if you react it will only make matters worse.

♊ Gemini May 22-June 21 A conversation you listen in on today will get you thinking, but before you act make sure it's reliable. Just because someone says it does not make it true.

♋ Cancer June 22-July 22 You will find it difficult to keep your opinions to yourself today, and the result could be a major argument. You have important things to say and if others get annoyed it means you are saying them right.

♌ Leo July 23-Aug.23 Don't be too hard on yourself if you have made some kind of mistake. The important thing is that you learn from it and don't make it again.

♍ Virgo Aug. 24- Sept. 22 Take control of your life and stay in control no matter how much others might pressure you to let them make decisions for you. Trust no one but yourself over the next 24 hours — and even then not entirely!

♎ Libra Sept. 23-Oct. 23 You may look confident on the outside but on the inside you are worrying yourself sick about something that should have been dealt with a long time ago.

♏ Scorpio Oct. 24-Nov. 22 You will find yourself at odds with those around you today, especially if you are one of those Scorpios who insist on putting their feelings into words no matter what effect it might have on others.

♐ Sagittarius Nov. 23-Dec. 21 Authority figures seem to be giving you a lot of grief at the moment, but the good news is that today's cosmic influences will help you turn on the charm.

♑ Capricorn Dec. 22-Jan. 20 Focus your mind in one particular direction and don't let anything distract you. If you try to get your thoughts round several things at once you will only confuse yourself.

♒ Aquarius Jan. 21-Feb. 18 Be careful you don't let slip information that is not yours to divulge. If you do it is unlikely that a friend will ever trust you again.

♓ Pisces Feb. 19-March 20 You enjoy taking an opposing viewpoint to everyone else, because it gives you the chance to show how tough-minded you can be. Today though you must be careful who you disagree with.

SALLY BROMPTON

JOEL PHILIPPSEN/THE ASSOCIATED PRESS

Caption contest



WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MARK BAKER/THE ASSOCIATED PRESS





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* Gathered by mystery shopper on June 10th, 2010. Price includes coatings.



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